

Massaman curry



Preparation
Time



Cooking
Time



Serves



Ingredients:

- 1 tablespoon peanut oil
- 2 large brown onions, cut into thin wedges
- 2 garlic cloves, finely chopped
- 2/3 cup massaman curry paste
- 1kg gravy beef, chopped coarsely
- 1 cup natural yoghurt
- 1 cup chicken stock
- 1 cinnamon stick
- 3 medium sweet potatoes, chopped coarsely (optional)
- 2 tablespoons light brown sugar
- 1tablespoons fish sauce
- 1 cup peanuts, lightly toasted
- 1/3 cup lightly packed fresh coriander leaves
- 1 lime, cut into wedges

Method:

- Pre-heat oven to 150°C.
- Heat the oil in a large sauté pan over medium heat and add onion and garlic. Cook until soft and fragrant. Add curry paste and cook for a further 5 minutes. Add the beef, stirring until fully coated. Add yoghurt, stock, cinnamon stick, sweet potato, sugar and fish sauce to the pan and bring to a simmer. Cover pan with a lid and place in an oven. Cook for 1½ hours. Remove from oven and discard cinnamon stick.
- Serve topped with roasted peanuts, coriander leaves and a squeeze of fresh lime.

Do you like this recipe? You might be interested in more recipes developed by Amie Harper, food and nutrition expert – www.thinkpei.com.au

Nutrition:	Per serve (4 serves total)	Per 100g
Energy	4700kj	630kj
Protein	94g	13g
Fat total	42g	6g
Saturated fat	10g	1g
Monounsaturated fat	22g	3g
Polyunsaturated fat	7g	0.9g
Trans fat	0.6g	0.08g
Very long chain N3 fatty acids	0.2g	0.03g
Carbohydrates	78g	11g
Sugars	42g	6g
Fibre	25g	3g
Sodium	1300mg	180mg

Notes

The nutritional content stated in each recipe has been calculated using a nutritional labelling tool by FoodWorks 9 Professional. Please note the stated nutritional content is an estimate only, and may vary depending on the quality and amounts of ingredients used. For more information on the nutritional content of your food, please consult your dietitian for advice.

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